

## SATURDAY EXTRA - 13 SEPTEMBER 2014

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FALMOUTH UNIVERSITY'S SATURDAY EXTRA IS A GREAT OPPORTUNITY TO GET OUT, TRY SOMETHING COMPLETELY DIFFERENT AND SEE THE DELIGHTS OF CORNWALL.

It is offered free of charge to all new international students. Transport from campus to venues and equipment required are included. Falmouth University staff will accompany all visits.

You can pick from several great options:

### **Watersports**

Enjoy a taster day of watersports and outdoor activities at [Stithians Lake Country Park](#). There will be a range of activities on offer, including sailing, windsurfing, kayaking, archery and rock climbing. The water may be cold, but you'll be given wetsuits and all the equipment required. After working up an appetite on the water we'll have a lakeside barbeque waiting for you. All sessions are run by fully qualified and expert staff. Please note sessions may be subject to weather conditions and student numbers on the day.

### **Cycling Coast-to-Coast**

The [Coast-to-Coast trail](#) passes through a wide variety of landscapes, from the head of Restronguet Creek in the south, through rolling countryside and old mine workings, to the Atlantic surf at Portreath on the rugged north coast. Largely following the route of two former mineral railways, most of the trail is off-road, with short sections of rough ground and some hills. The round trip is 18 miles in total, which will take about three or four hours to complete (about 1.5 hours each way with lunch break in the middle). Bikes and safety equipment are included. We will have lunch waiting for you on Portreath beach. And for those brave enough, there'll be time for a swim in the sea, (you might find it a bit cold!) bring swimwear if you dare!

### **The Tate St Ives and Barbara Hepworth Museum**

The stunning [Tate St Ives](#) gallery houses a permanent collection celebrating the art of Cornwall and St Ives, as well as changing temporary exhibitions. You will be able to visit the nearby Barbara Hepworth Museum and Sculpture Garden. There will be time to wander around the winding lanes of the very popular town of St Ives and enjoy the sand and surf of Porthmeor Beach. Lunch is not included as we encourage you to explore the excellent local cafes and restaurants.

### **Surf Lesson**

Surfing is every bit as much fun as it looks and a true Cornish experience! [Falmouth Surf School](#) offers you a day with truly 'no worries', they provide the experience, expertise and enthusiasm to ensure that you have the time of your life. The surf lesson is run by fully qualified and expert staff who will get you cruising on clean Atlantic waves! All equipment is provided, including boards and wetsuits to keep you warm in the water. And we'll warm up afterwards with lunch provided in a local pub following the lesson.